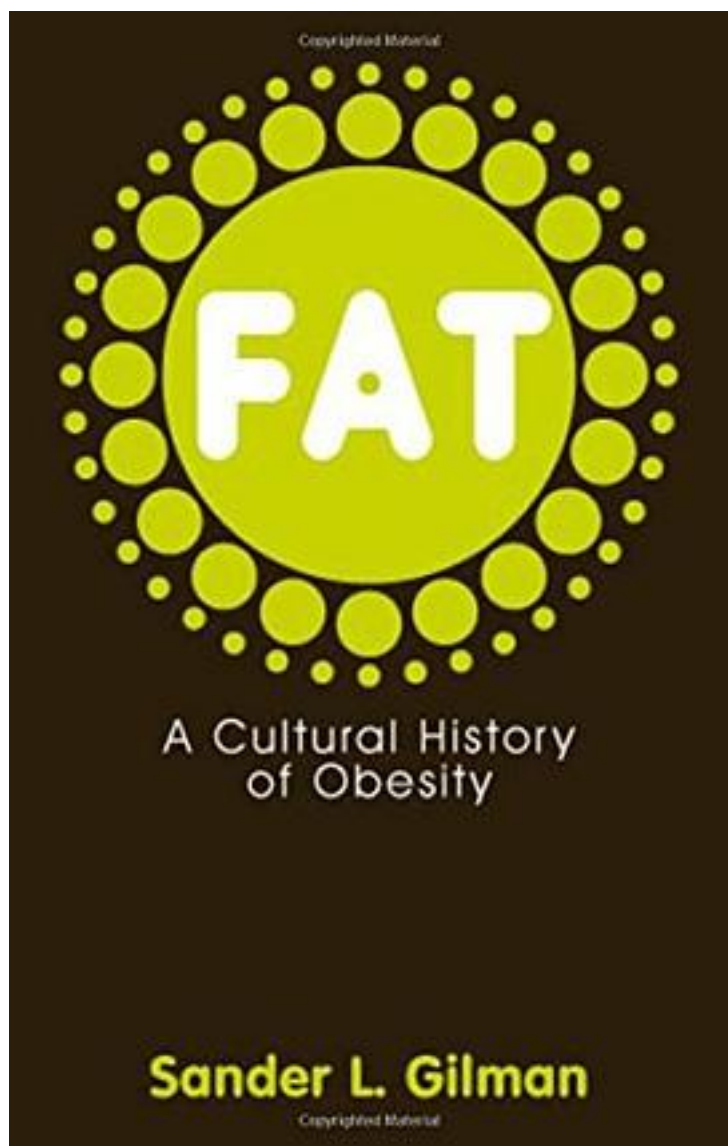


# Fat



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著者:Leas, Connie

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This book provides a refreshing antidote to the misinformation and misleading hype that fuels our misguided fear of fat - both the fat we eat, and the fat we carry around. By explaining its biology and sharing the latest research, veteran science writer Connie Leas convincingly frees fat from its bad reputation. For example, she discusses how our much-maligned fatty tissue plays a critical role in maintaining health. Among other vital functions, it stores energy, produces hormones, builds cell membranes, bolsters immunity, and insulates our vital organs. Leas also contradicts many long-held assumptions about fat. Having spent years researching this subject, Leas has transformed technical material from scientific research into a lively work of popular appeal. Full of useful - and sometimes startling - information, this book is a valuable health resource presented in an accessible, entertaining format.

作者介绍:

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